

Student Name: _____**Class:** _____**Student ID:** _____**Date:** {{DATE}}

Assessment Details

Duration: 45 minutes	Total Marks: 100
Topics Covered:	<ul style="list-style-type: none">• Vocabulary related to common sicknesses and health issues• Use of vocabulary in context• Understanding of word meanings

Instructions to Students:

1. Read all questions carefully before attempting.
2. Show all working out - marks are awarded for method.
3. Use a dictionary or vocabulary list if needed.
4. Write your answers in the spaces provided.
5. If you need more space, use the additional pages at the end.
6. Time management is crucial - allocate approximately 1 minute per mark.

Section A: Multiple Choice [30 marks]

Question 1

[2 marks]

What is the meaning of the word "symptom"?

A) A treatment for a sickness

B) A sign of a sickness

C) A type of medicine

D) A doctor's diagnosis

Question 2

[2 marks]

Which of the following is a common sickness that affects the respiratory system?

A) Diabetes

B) Asthma

C) Epilepsy

D) Heart disease

Question 3

[2 marks]

What is the term for a doctor's diagnosis of a patient's condition?

A) Prescription

B) Prognosis

C) Diagnosis

D) Treatment

Question 4

[2 marks]

Which of the following is a common symptom of a cold?

A) Fever

B) Headache

C) Sore throat

D) All of the above

Question 5

[2 marks]

What is the term for a medicine that relieves pain?

A) Antibiotic

B) Analgesic

C) Antihistamine

D) Antiviral

Question 6

[8 marks]

Describe a situation where you or someone you know experienced a headache. Use the vocabulary word "migraine" in your sentence.

Question 7

[8 marks]

What is the difference between a cold and the flu? Use the vocabulary words "virus" and "infection" in your answer.

Question 8

[8 marks]

Describe a time when you had to visit a doctor. What was the diagnosis, and what was the treatment?

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Question 9

[8 marks]

What is the importance of getting vaccinated against common illnesses? Use the vocabulary word "immunization" in your answer.

Question 10

[8 marks]

Describe a situation where you or someone you know experienced a stomachache. Use the vocabulary word "gastroenteritis" in your sentence.

Question 11

[6 marks]

The doctor told me that I had a _____ (vocabulary word: infection) and prescribed me some antibiotics.

Question 12

[6 marks]

After eating the spoiled food, I had a _____ (vocabulary word: stomachache) and felt nauseous.

Question 13

[6 marks]

The patient was diagnosed with _____ (vocabulary word: pneumonia) and had to be hospitalized.

Question 14

[6 marks]

The doctor advised me to take _____ (vocabulary word: medication) to relieve my symptoms.

Question 15

[6 marks]

The nurse took my _____ (vocabulary word: temperature) and blood pressure before the doctor saw me.

The following glossary provides definitions for the vocabulary words used in this assessment:

- Symptom: a sign or indication of a sickness or disease
- Diagnosis: the process of identifying a patient's condition or disease
- Treatment: the process of giving medical care or therapy to a patient
- Prescription: a doctor's order for a patient to take a specific medicine or treatment
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- Infection: a condition in which the body is invaded by a foreign substance, such as a bacteria or virus
- Virus: a tiny microorganism that can cause disease
- Immunization: the process of giving a vaccine to prevent a disease
- Gastroenteritis: inflammation of the stomach and intestines
- Migraine: a type of headache that is often severe and recurring
- Antibiotic: a medicine that fights bacterial infections
- Analgesic: a medicine that relieves pain
- Antihistamine: a medicine that relieves allergy symptoms
- Antiviral: a medicine that fights viral infections
- Anti-inflammatory: a medicine that reduces inflammation

Answer Key

The following answer key provides sample answers and explanations for each question:

1. Question 1: B) A sign of a sickness
2. Question 2: B) Asthma
3. Question 3: C) Diagnosis
4. Question 4: D) All of the above
5. Question 5: B) Analgesic
6. Question 6: (Sample answer) I had a migraine last week and had to stay in bed for a day.
7. Question 7: (Sample answer) A cold is a viral infection that affects the upper respiratory system, while the flu is a more severe viral infection that affects the entire body.
8. Question 8: (Sample answer) I had to visit the doctor last year because I had a bad cold. The doctor diagnosed me with a viral infection and prescribed me some medication to relieve my symptoms.
9. Question 9: (Sample answer) Getting vaccinated against common illnesses is important because it helps prevent the spread of diseases and protects individuals from getting sick.
10. Question 10: (Sample answer) I had a stomachache last month after eating some spoiled food. I had to stay home from school for a day and rest.
11. Question 11: infection
12. Question 12: stomachache
13. Question 13: pneumonia
14. Question 14: medication
15. Question 15: temperature

Assessment Rubric

The following assessment rubric provides clear criteria for evaluating student responses:

Criteria	Excellent (80-100%)	Good (70-79%)	Fair (60-69%)	Poor (Below 60%)
Accuracy and completeness of answers	Answers are accurate and complete, demonstrating a thorough understanding of the vocabulary and concepts.	Answers are mostly accurate and complete, demonstrating a good understanding of the vocabulary and concepts.	Answers are somewhat accurate and complete, demonstrating a fair understanding of the vocabulary and concepts.	Answers are inaccurate and incomplete, demonstrating a poor understanding of the vocabulary and concepts.
Use of vocabulary in context	Vocabulary is used correctly and effectively in context, demonstrating a strong understanding of word meanings.	Vocabulary is used mostly correctly and effectively in context, demonstrating a good understanding of word meanings.	Vocabulary is used somewhat correctly and effectively in context, demonstrating a fair understanding of word meanings.	Vocabulary is used incorrectly or ineffectively in context, demonstrating a poor understanding of word meanings.
Clarity and coherence of writing	Writing is clear, coherent, and well-organized, demonstrating a strong ability to communicate ideas effectively.	Writing is mostly clear, coherent, and well-organized, demonstrating a good ability to communicate ideas effectively.	Writing is somewhat clear, coherent, and well-organized, demonstrating a fair ability to communicate ideas effectively.	Writing is unclear, incoherent, and poorly organized, demonstrating a poor ability to communicate ideas effectively.

Student Reflection

After completing this assessment, reflect on your learning and identify areas for improvement:

1. What did you learn about vocabulary related to common sicknesses and health issues?
2. What challenges did you face during the assessment, and how did you overcome them?
3. What strategies can you use to improve your understanding of vocabulary and concepts in the future?

Teacher Reflection

After administering this assessment, reflect on its effectiveness and identify areas for improvement:

1. What were the strengths and weaknesses of the assessment?
2. How can the assessment be modified or improved for future use?
3. What strategies can be used to support students who struggled with the assessment?

Section D: Essay Questions [40 marks]

Answer all questions in this section. Each question carries equal marks.

Question 16

[10 marks]

Describe the importance of health education in schools. Use examples to support your answer.

Question 17

[10 marks]

What are the benefits of regular exercise for overall health and wellbeing? Discuss with reference to at least two specific examples.

Question 18

[10 marks]

Explain the concept of mental health and its significance in today's society. Provide examples of strategies that can be used to maintain good mental health.

Question 19

[10 marks]

Discuss the role of nutrition in maintaining good health. Include in your answer the importance of a balanced diet and the consequences of poor nutrition.

Section E: Critical Thinking [30 marks]

Read each scenario carefully and answer the questions that follow.

Scenario 1

A new student joins your school who has a severe food allergy. How would you ensure this student's safety during lunchtimes?

Question 20

[5 marks]

What steps would you take to inform other students about the new student's allergy?

Question 21

[5 marks]

How would you ensure that the new student has access to safe food options in the school cafeteria?

Scenario 2

A friend of yours is feeling stressed and overwhelmed with schoolwork. What advice would you give to help them manage their stress?

Question 22

[5 marks]

What strategies would you suggest for managing stress and staying organized?

How would you encourage your friend to seek help from a teacher or school counselor if needed?

Scenario 3

Your school is planning a health and wellness day. What activities would you suggest to promote physical and mental health among students?

What physical activities would you suggest to promote physical health?

What activities would you suggest to promote mental health and stress reduction?

Section F: Project [50 marks]

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Choose one of the following projects and complete it to the best of your ability.

Project 1: Health Campaign

Design a health campaign to promote awareness about a specific health issue (e.g. diabetes, heart disease, mental health). Include posters, social media posts, and a short presentation script.

Requirements:

- Posters (2): clearly and creatively convey the message

- Social media posts (3): engaging and informative
- Presentation script (1-2 pages): clear, concise, and persuasive

Project 2: Healthy Lifestyle Plan

Create a personalized healthy lifestyle plan for a hypothetical individual. Include dietary advice, exercise routine, stress management techniques, and sleep schedule.

Requirements:

- Dietary advice (1-2 pages): balanced and realistic
- Exercise routine (1-2 pages): safe and achievable
- Stress management techniques (1 page): effective and practical
- Sleep schedule (1 page): realistic and healthy

Section G: Reflection and Evaluation [20 marks]

Reflect on your learning throughout this assessment and evaluate your performance.

Reflection

What did you learn about health and wellbeing throughout this assessment? What challenges did you face, and how did you overcome them?

Evaluation

Evaluate your performance in this assessment. What did you do well, and what areas need improvement?

Glossary

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The following glossary provides definitions for key terms used throughout this assessment:

- Health: a state of complete physical, mental, and social wellbeing
- Wellbeing: a state of being comfortable, healthy, and happy
- Nutrition: the process of taking in and using food and nutrients to maintain health
- Exercise: physical activity that promotes health and fitness
- Stress: a state of mental or emotional tension
- Mental health: a state of wellbeing that includes emotional, psychological, and social wellbeing

The following references were used to inform the content of this assessment:

- World Health Organization. (2019). Health and wellbeing.
- American Heart Association. (2020). Healthy lifestyle.
- National Institute of Mental Health. (2020). Mental health.



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